Course Number and Section: KINE 5306.W01  Name of Instructor: Heather E. Webb, PhD, ATC
Class meeting time and Location: Online  Office: IH 358
Semester: Spring 2017  Office Hours: TBA
Office Telephone: 361-825-3749  E-Mail: heather.webb@tamucc.edu

I. Course Description
This course is designed to provide scientific evidence for the use of nutrient ingestion to enhance sport performance and maintain optimal health. Special emphasis will be placed on the chemical and biological changes caused by the ingestion of specific nutrients. In this course the student will learn to utilize current nutrition research to enhance the athlete’s energy systems within various categories of sport.

II. Rationale
This purpose of this course is to provide the physical educator, coach, or fitness expert the knowledge necessary to improve athletic performance through a hands-on approach to sport nutrition learning. This course will provide the guidance necessary for the graduate student to conduct current research, create fluid and food meal plans, and evaluate meal plans based on changes in athletic performance.

III. STATE ADOPTED PROFICIENCIES
1. LEARNER-CENTERED KNOWLEDGE: The teacher possesses and draws on a rich knowledge base of content, pedagogy, and technology to provide relevant and meaningful learning experiences for all students.
2. LEARNER-CENTERED INSTRUCTION: To create a learner-centered community, the teacher collaboratively identifies needs; and plans, implements, and assesses instruction using technology and other resources.
3. EQUITY IN EXCELLENCE FOR ALL LEARNERS: The teacher responds appropriately to diverse groups of learners.
4. LEARNER-CENTERED COMMUNICATION: While acting as an advocate for all students and the school, the teacher demonstrates effective professional and interpersonal communication skills.
5. LEARNER-CENTERED PROFESSIONAL DEVELOPMENT: The teacher, as a reflective practitioner dedicated to all students’ success, demonstrates a commitment to learn, to improve the profession, and to maintain ethics and personal integrity.

IV. TExES COMPETENCIES
N/A
V. Course Objectives / Learning Outcomes
Given lectures, demonstrations, out-of-class readings, research project, Podcast discussions, and class discussions, the student will at the conclusion of this course be able to:

A) Describe the scientific process of carbohydrate, fat, and protein metabolism.
B) Differentiate between dietary recommendations for various athletes.
C) Identify and discuss nutritional factors related to common chronic pathologies of health and fitness.
D) Describe the function and regulation of fluids.
E) Identify and discuss ergogenic aids and supplements, and their role in sport performance.
F) Identify the importance of vitamins and minerals on metabolism.
G) Identify and discuss physiological and psychological factors involved in weight gain and weight loss, and the potential ramifications to athletic performance.
H) Demonstrate the ability to analyze nutrient content of individual foods, food groups, and meal plans.

VI. Course Topics
- Dietary Research – Issues and Current Status
- Advanced Basics of Biochemistry & Metabolism
- Differences in Diets; Differences in Meal Types
- Recovery Nutrition
- Feeding/Recovery for ATP-CP Events
- Feeding/Recovery for Glycolytic Events
- Feeding/Recovery for Oxidative Events
- Feeding/Recovery for Mixed Energy System Events
- Special Dietary Considerations in Athletics

VII. Instructional Methods and Activities
- Online readings
- Individual Activities
- Research Projects
- Computer Technology Interaction
VIII. Evaluation and Grade Assignment

Grades will be based on successful completion of the following activities:

- Exams - 2 @ 100 pts = 200
- Critical Article Reviews = 100
- Metabolic Demands Assignment = 100
- Reflection Papers = 100

**TOTAL POINTS = 500**

Tests: A midterm and final will be given over lectures and assignments.

Meal Planning Assignment: See assignment sheet for further details.

Critical Article Reviews: Students will provide written critical reviews of assigned research articles. See assignment sheet for further details.

Grading:

- A = 500-450 pts
- B = 449-400 pts
- C = 399-350 pts
- D = 349-300 pts
- F = < 299 pts

IX. Course Schedule and Policies

A. COURSE SCHEDULE AND POLICIES

*The instructor reserves the right to change the schedule to cover all subjects thoroughly and make adjustments for the size and need of the class members. Any changes to the schedule will be announced and placed in the calendar.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Class Material</th>
<th>Materials Due</th>
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<tbody>
<tr>
<td>Topic 1</td>
<td>Dietary Research – Issues and Current Status</td>
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<tr>
<td>Topic 2</td>
<td>Advanced Basics of Biochemistry &amp; Metabolism</td>
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<tr>
<td>Topic 3</td>
<td>Differences in Diets; Differences in Meal Types</td>
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<td>Topic 4</td>
<td>Recovery Nutrition</td>
<td>Midterm Exam</td>
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<td>Topic 5</td>
<td>Feeding/Recovery for ATP-CP Events</td>
<td>Critical Article Reviews</td>
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<tr>
<td>Topic 6</td>
<td>Feeding/Recovery for Glycolytic Events</td>
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<tr>
<td>Topic 7</td>
<td>Feeding/Recovery for Oxidative Events</td>
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<tr>
<td>Topic 8</td>
<td>Feeding/Recovery for Mixed Energy System Events</td>
<td>Meal Plan Assignment</td>
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<td>Topic 9</td>
<td>Special Dietary Considerations in Athletics</td>
<td>FINAL EXAM</td>
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B. Policies

Attendance/Tardiness
The entire course including assignments, quizzes and exams are available on-line and according the course schedule. Students are required to complete the course work when assigned and complete the work by the due date.

Late Work and Make-up Exams
As this course is entirely online, the chance to ‘make-up’ missed assignments, quizzes, and tests absences will be limited to participation in a TAMUCC sanctioned event or participation in a religious holy day as outlined in the University catalog on the day the assignment, quiz or test is due. Any assignment, quiz, or test missed due to a TAMUCC sanctioned event or religious holy day must be verified prior to the due date of the assignment, quiz, or test to be missed. No other excuses will be considered without verification of circumstances by the Dean of Students.

Extra Credit
There are no extra credit possibilities in this class.

Cell Phone/Electronic Device Usage
This is an online course. It is the student’s responsibility to ensure compatibility of devices and availability of reliable internet access.

Academic Integrity/Plagiarism.
University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, falsification, forgery, complicity or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.)

Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanction to any student involved.
Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:

1. Written reprimand.
2. Requirement to re-do work in question.
3. Requirement to submit additional work.
4. Lowering of grade on work in question;
5. Assigning grade of 'F' to work in question;
6. Assigning grade of 'F' for course;
7. Recommendation for more severe punishment, such as dismissal from the program or from the University.

See the University Catalog for more information.
Dropping a Class
I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary or wise. Please consult with me before you decide to drop to be sure it is the best thing to do. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class. April 10th is the last day to drop a class with an automatic grade of “W” this term.

Statement of Civility
Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

Grade Appeals
As stated in University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at http://www.tamucc.edu/provost/university_rules/index.html. For assistance and/or guidance in the grade appeal process, students may contact the Dean’s office in the college in which the course is taught or the Office of the Provost.

Disabilities Accommodations
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Corpus Christi Hall 116.
If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.

Statement of Academic Continuity
In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue
through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.

X. Required or Recommended Readings

*Textbook:* None required.

Articles and other reading materials will be placed on Blackboard

*Recommended or Supplemental Reading:*

*Website:* University Blackboard system

XI. Bibliography

*The knowledge bases that support course content and procedures include:*


